

Fresh Lima Beans

Cooking Light Magazine - August 2011

2 cups fresh lima beans

1 tablespoon olive oil

2 teaspoons red wine vinegar

1/8 teaspoon salt

1/2 grape tomato, quartered

1/4 cup kalamata olives, sliced

2 tablespoons parsley, chopped

In a saucepan, cook the lima beans in simmering water for 20 minutes or until tender. Rinse with cold water. Drain.

In a bowl, combine the olive oil, vinegar and salt.

Add the beans, grape tomato, olives and parsley. Toss well.

Yield: 12 tablespoons

Per Serving (excluding unknown items): 280 Calories; 29g Fat (92.8% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1202mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates.